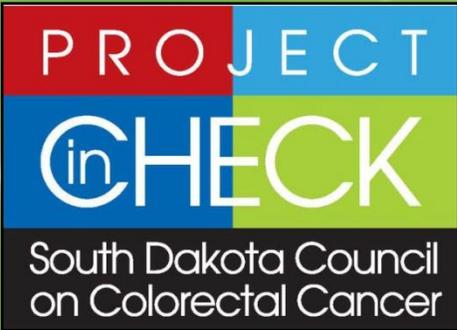


Colorectal Cancer in South Dakota



Published May 2022

Colorectal Cancer Estimates for 2022¹

In 2022, South Dakota expects 430 new colorectal cancer cases and 160 deaths due to this cancer. During the same time, an estimated 151,030 newly diagnosed colorectal cancer cases and 52,580 colorectal cancer deaths are projected for the United States.

Incidence and Mortality

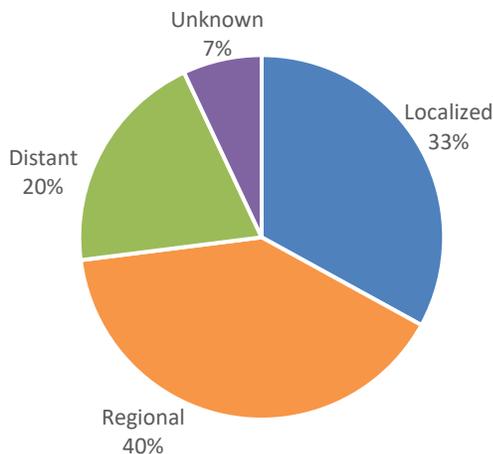
During 2015-2019, there was an average of 422 (226 men and 196 women) newly invasive cases of colorectal cancer diagnosed among South Dakota residents per year. By race, whites had an average of 391 newly diagnosed cases and American Indians had an average of 26 newly diagnosed cases.

From 2015-2019, there was an average of 162 deaths due to colorectal cancer in South Dakota annually.

Incidence 2019		Mortality 2019	
Number of cases		Number of deaths	
Total	431	Total	150
Males	228	Males	74
Females	203	Females	76
White	402	White	144
American Indian	27	American Indian	6
Median age at diagnosis	54 yrs.	Median age at death	68 yrs.
Mode	68 yrs.	Mode	70 yrs.
Age range at diagnosis	11-97 yrs.	Age range at death	37-99 yrs.
S.D. age-adjusted incidence rate	40.1	S.D. age-adjusted death rate	13.7
U.S. SEER age-adjusted incidence rate (2018)	*34.8	U.S. SEER age-adjusted death rate (2018)	*13.1

Rates per 100,000 U.S. 2000 Standard Population and S.D. 2019 Estimated Population / *2019 U.S. SEER age-adjusted rates not available
Source: South Dakota Department of Health

Figure 1
SEER Summary Stage
Colorectal cancer stage at diagnosis, South Dakota, 2019



5-Year Relative Survival for Colorectal Cancer, U.S.

Stage at Diagnosis	5-Year Relative Survival, 2012-2018
Localized	90.8%
Regional	72.7%
Distant	15.1%
Unknown	40.3%

Source: SEER Program www.seer.cancer.gov

Cancer stage at diagnosis defines the original location of the cancer and if it has spread in the body and how far. The table above demonstrates how stage at diagnosis affects survival.

Source: South Dakota Department of Health

¹Source: *Cancer Facts and Figures 2022* American Cancer Society

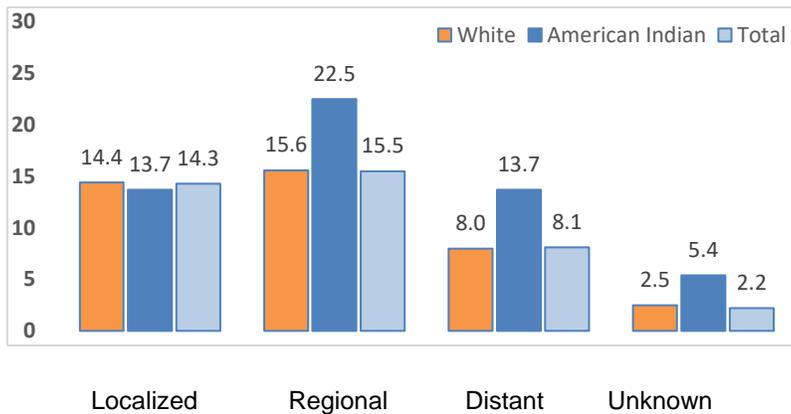


Figure 2
Stage at Diagnosis Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases at stage of diagnosis by race, South Dakota, 2015-2019

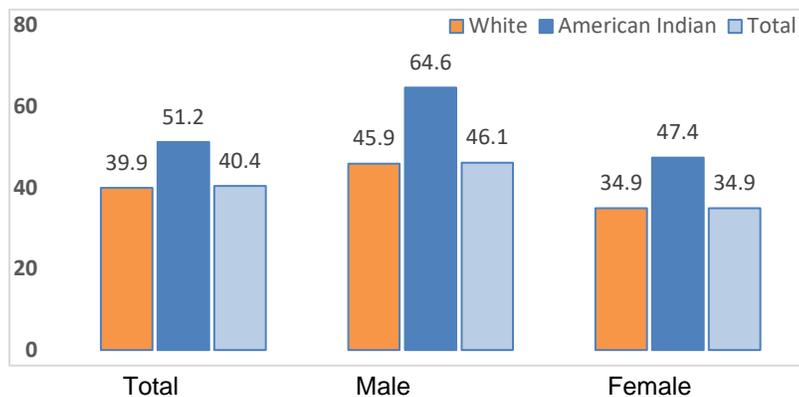


Figure 3
Colorectal Cancer Incidence Rate
 Age-adjusted incidence rate for colorectal cancer cases by race and gender, South Dakota, 2015-2019

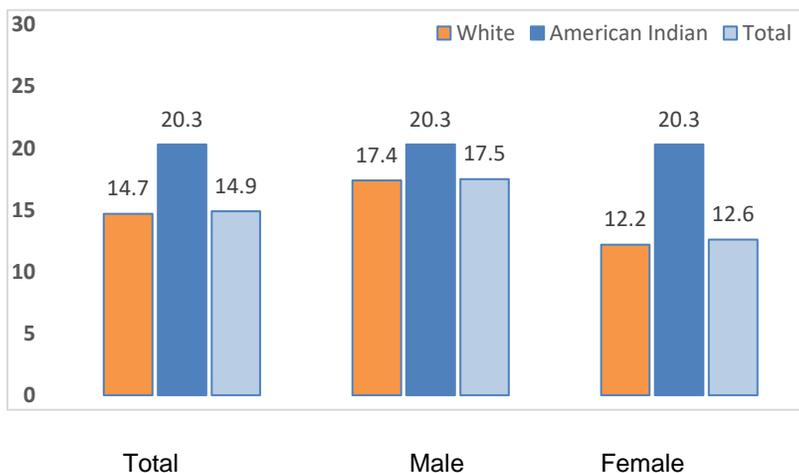


Figure 4
Colorectal Cancer Mortality Rate
 Age-adjusted mortality rate for colorectal cancer deaths by race and gender, South Dakota, 2015-2019

Rates per 100,000 U.S. 2000 Standard Population and S.D. Estimated Population
 Source: South Dakota Department of Health

Modifiable Risk Factors

Diet and physical activity are the most important environmental influences on colorectal cancer. Choices made every day can improve a person's general health. The following changes in diet and lifestyle can reduce the risk of developing colorectal cancer:

- Be physically active every day for 30 minutes or more.
- Limit alcohol to one drink per day for women and two drinks per day for men, if drinking at all.
- Limit red meat and avoid processed meat.
- Maintain a healthy weight throughout life and avoid weight gain—particularly fat around the midsection.
- Get regular screenings by a doctor beginning at age 45 since the risk increases with age.
- Be tobacco free. Call the South Dakota QuitLine to enroll at 1-866-SD-QUITS or for more information go to the website at <http://sdquitline.com/>.

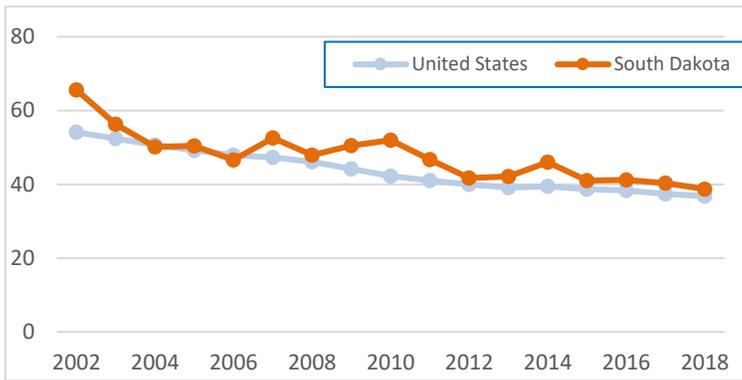


Figure 5
Colorectal Incidence Rates, United States and South Dakota
 Colorectal cancer incidence rates for the United States and South Dakota by year, 2002-2018

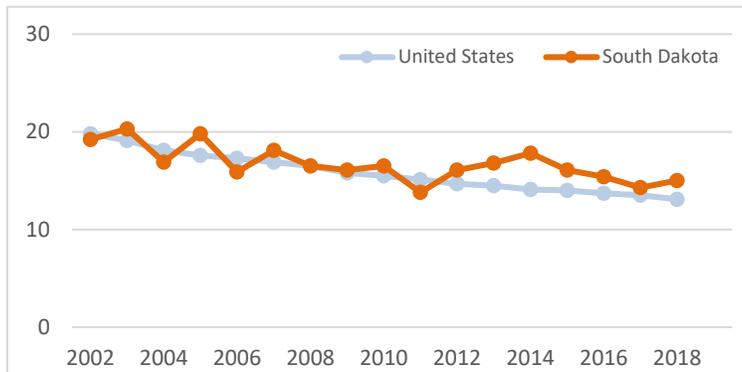
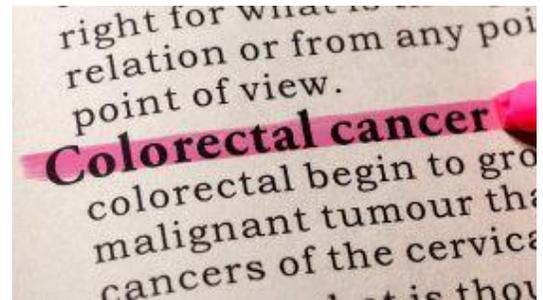


Figure 6
Colorectal Mortality Rates, United States and South Dakota
 Colorectal cancer mortality rates for the United States and South Dakota by year, 2002-2018

Rates per 100,000 U.S. 2000 Standard Population and S.D. Estimated Population, U.S. rates are provided by SEER Program, National Cancer Institute <http://www.seer.cancer.gov/canques/>, Source: South Dakota Department of Health

Colorectal Cancer Screening

Colorectal cancer is unique because it usually starts from polyps in the colon or rectum. These polyps can turn into cancer over time. Screening tests find polyps that can be removed before they turn into cancer. Screening tests may also detect colorectal cancer early, when treatment is more successful. Patients should discuss an individualized colorectal cancer screening plan with their physician.



Regular screening is key to preventing colorectal cancer and finding it early. In May 2021, the U.S. Preventative Services Task Force (USPSTF) changed its colorectal cancer screening age for average-risk adults from 50 to 45. USPSTF recommends that all adults aged 45-75 be screened for colorectal cancer. The Task Force recommends that adults aged 76-85 talk to their provider about screening.

These changes come in response to scientific studies that show the rates of colorectal cancer continue to increase among younger adults.

There is widespread agreement among the medical community that the **BEST** colorectal screening test is the one that gets done. Talk to your doctor about which test is right for you.

Source: The University of Texas MD Anderson Cancer Center/ Source: https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm

Publication funded by the South Dakota Cancer Registry with a grant from the Centers for Disease Control and Prevention – grant number DP006293. For more information or additional copies, contact the South Dakota Department of Health at 605.773.3361 or see the South Dakota Cancer Registry website at <http://getscreened.sd.gov/registry/>.